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# SERVING MANY

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## PLENTIFUL, NONRATIONED EGGS MAKE GOOD MEAT EXTENDERS FOR WORKERS' MEALS

One of the ways to stretch your meat ration, now that most meat cuts have been returned to the ration list, is to use eggs as a meat alternate or as a meat extender. They are plentiful and nonrationed.

Eggs help to promote positive good health and should be included in the daily diet. Rich in protein of high nutritive quality, they are also a good source of iron in a form which is readily assimilated. They are also a relatively rich source of vitamin B<sub>2</sub> and a good source of B<sub>1</sub>, niacin, and vitamin A.

### Eggs as Alternates or Extenders for Meat

When using eggs as alternates or meat extenders, it is important to have the dishes well-flavored, served in adequate sized portions, and combined in an appetizing menu. Here are some suggestions:

Creamed hard-cooked eggs on toast  
Eggs à la king  
Egg croquettes  
Egg cutlets  
Baked egg omelet. This may be served with a variety of sauces, as cheese, tomato, mushroom, or Spanish sauce, or may be accompanied by strips or crisp bacon, or by a small portion of fried ham.

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## PLENTIFUL FOODS

Fresh fruits and vegetables expected to be in plentiful supply in most markets in the Northeast Region during the month of March are: oranges, apples (especially lower grades and smaller sizes), cabbage, carrots, and onions.

Other foods which will be available in abundance include: dry edible peas; dry-mix soups; soya flour, grits, and flakes; citrus marmalade, apple butter, jellies, and grape, plum, and fig jams; wheat flour and bread; macaroni, spaghetti, noodles; oatmeal.

## NEW PAMPHLET RELEASED

Industrial feeding specialists in the War Food Administration have just released a pamphlet, "Making the Most of Meat In Industrial Feeding", as a help to restaurant and industrial food managers who must now plan menus with limited supplies of meat.

The 29 page bulletin discusses problems of juggling ration points, using less tender cuts of meat, handling and storing meat, and ways to cook and extend it. The recipes in the book are set up for the service of 100 or 500 portions and are of interest chiefly to those who plan mass feeding.

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## MEAT EXTENDERS

Scrambled eggs  
 Scrambled eggs with tomatoes  
 Scrambled eggs with bits of  
     cooked bacon  
 Scrambled eggs with chopped  
     ham  
 Scalloped hard-cooked eggs  
     and diced ham  
 Scalloped hard-cooked eggs  
     with green peas  
 Egg soufflé  
 Chesse soufflé  
 Ham soufflé  
 Tuna fish soufflé  
 Veal soufflé  
 Spanish eggs (sliced hard-cooked  
     eggs with Spanish sauce)  
 Western-style eggs are scrambled  
     with green pepper, minced  
     onion, and a little chopped  
     ham. They may be served plain  
     in a popular hot sandwich

### More Egg Desserts Are In Order

Food managers who know the workers' food preferences are offering more of the many nutritious desserts made with eggs. Besides making a positive

contribution to the food value of a meal, egg desserts offer the last course sweetness desired by most workers. Try these suggestions for egg desserts:

Soft custard served over  
     diced oranges  
 Apricot whip with custard sauce  
 Prune whip with custard sauce  
 Sponge cake  
 Jelly roll filled with  
     jelly, marmalade, plain  
     cream, or lemon cream fill-  
     ing  
 Boston cream pie (plain cake with  
     cream filling or chocolate  
     cream filling)  
 Meringue cream pies, such  
     as butterscotch, coconut,  
     chocolate, and lemon  
 Chiffon pies made with  
     frozen strawberries or rasp-  
     berries are a flavor treat  
     in midwinter  
 Baked custard  
 Baked caramel custard  
 Custard pie  
 Coconut custard pie  
 Soft custard

Below are two recipes for egg main dishes. The first is a meat extender, the second a meat alternate.

### Scalloped Ham and Eggs

<u>Ingredients</u>	<u>Amounts</u>	
	<u>100 portions</u>	<u>500 portions</u>
Diced cooked ham	8 pounds	40 pounds
Hard-cooked eggs, sliced	8 dozen	40 dozen
White sauce made with --		
Fat	1 pound, 8 ounces	7 pounds
Flour	1 pound	5 pounds
Milk	2 gallons	10 gallons
Salt	2 ounces	10 ounces
Bread crumbs mixed with --	2 pounds	10 pounds
Melted fat	8 ounces	2 pounds

Size of portion - 6 ounces

1. Fill greased baking pans with alternate layers of diced ham, sliced hardcooked eggs, and white sauce. Top with crumbs.
2. Bake in moderate oven at 350° F. for about 30 minutes until the crumbs are browned.



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<u>Ingredients</u>	<u>Spanish Omelet</u>	
	<u>Amounts</u>	
	<u>100 portions</u>	<u>500 portions</u>
Egg yolks	6 dozen	30 dozen
Egg whites	6 dozen	30 dozen
White sauce, made with --		
Fat	1 pound, 8 ounces	7 pounds
Flour	1 pound	5 pounds
Milk	2 gallons	10 gallons
Salt	2 ounces	10 ounces
Paprika	1 tablespoon	1 ounce
Spanish sauce made with --		
Chopped onion	8 ounces	2 pound, 8 ounces
Fat	8 ounces	2 pounds
Canned tomatoes	5 quarts	2-1/2 gallons
Diced celery	2 pounds	10 pounds
Green pepper, chopped	8 ounces	2 pounds, 8 ounces
Pimiento, chopped	8 ounces	2 pounds, 8 ounces
Salt	2 tablespoons	4 ounces
Pepper	1 teaspoon	1-1/2 tablespoons

Size of portion - 4 ounces omelet and 2 ounces sauce.

1. Beat the egg yolks until thick and lemon-colored.
2. Beat the whites until stiff but not dry.
3. Add the beaten egg yolks to the cooled white sauce, and mix well.
4. Fold in the beaten whites.
5. Fill greased baking pan two-thirds full.
6. Bake in moderate oven at 325°F. for about 50 minutes, or until well puffed and a delicate brown.
7. Cook the onion in fat until a light brown, add to the vegetables and simmer until all the vegetables are tender.
8. Cut omelet in squares and serve with Spanish sauce.

#### MAKING THE MOST OF THE MEATS IN INDUSTRIAL FEEDING

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